



Grilled Basil Chicken Sandwiches

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



1294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 1 Leaves basil
- ☐ 4 ciabatta bread
- ☐ 1 garlic clove crushed
- ☐ 1 heirloom tomatoes cut into 4 slices
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 teaspoon pepper

☐ 2 chicken breast halves halved

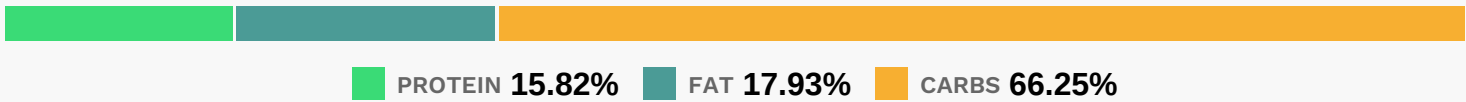
Equipment

- ☐ food processor
- ☐ plastic wrap
- ☐ grill

Directions

- ☐ Heat grill to high (450 to 550). Reserve 4 basil leaves. Whirl mayonnaise, remaining basil, garlic, vinegar, salt, and pepper in a food processor until smooth.
- ☐ Sandwich chicken breasts between 2 pieces of plastic wrap and pound with a mallet until 1/4 in. thick.
- ☐ Grill chicken, basting each side with some of mayo mixture and turning as needed, until cooked through and well browned, about 8 minutes.
- ☐ Brush one side of bread with a little mayo mixture; grill bread on both sides.
- ☐ Lay chicken on mayo side of bread. Top each sandwich with a tomato slice and a basil leaf and serve the remaining mayo on the side.

Nutrition Facts



Properties

Glycemic Index:67.5, Glycemic Load:0.6, Inflammation Score:-2, Nutrition Score:10.023043451102%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 1293.72kcal (64.69%), Fat: 25.63g (39.43%), Saturated Fat: 5.41g (33.81%), Carbohydrates: 213.03g (71.01%), Net Carbohydrates: 207.63g (75.5%), Sugar: 1.16g (1.29%), Cholesterol: 47.92mg (15.97%), Sodium: 2741.03mg (119.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.87g (101.74%), Vitamin K: 49.12µg (46.78%), Vitamin B3: 6.08mg (30.42%), Selenium: 18.84µg (26.92%), Vitamin B6: 0.46mg (23.01%), Fiber: 5.4g

(21.6%), Phosphorus: 133.76mg (13.38%), Vitamin B5: 0.89mg (8.89%), Potassium: 295.69mg (8.45%), Vitamin E: 1.2mg (7.97%), Vitamin C: 5.15mg (6.24%), Vitamin A: 299.33IU (5.99%), Magnesium: 19.2mg (4.8%), Manganese: 0.09mg (4.69%), Vitamin B2: 0.07mg (4.06%), Vitamin B1: 0.05mg (3.48%), Zinc: 0.44mg (2.91%), Vitamin B12: 0.15µg (2.44%), Copper: 0.05mg (2.27%), Iron: 0.4mg (2.24%), Folate: 8.42µg (2.11%), Calcium: 11.34mg (1.13%)